

STOP SMOKING!



Nicotine is a powerful drug, so quitting smoking is difficult. Here are some tips to quit smoking:

- ✓ Reward yourself for not smoking
- ✓ Modify your routines tied to smoking
- ✓ Join a support group
- ✓ Try nicotine gum or patches
- ✓ Be aware withdrawal symptoms may linger
- ✓ Avoid or limit alcohol intake as alcohol is often a smoking trigger

Provided by Integrity Consulting Group

104 Interchange Plaza, Suite 202

Monroe Township, New Jersey 08831

(888) 737-4313 customerservice@integritycg.com



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Employee Benefits Specialists

For informational purposes only. Consult a medical professional for medical advice.